



Catherine J. Covey

February 19, 1960 - April 26, 2019

Our beloved, Catherine J. Covey, passed away on April 26, 2019, peacefully, with her family by her side, after a short illness. Cathy just celebrated her 59th birthday in February, and was taken from us much too soon. She was known around the valley as a spunky fitness trainer who has touched the lives of many.

Cathy was born in Hood River, OR, to Roger and Bonnie MacKinnon, on February 19, 1960. She was the third little MacKinnon out of four. She lived her younger years in the beautiful Columbia River Gorge, in the little town of Cascade Locks. She was a smiling, happy girl that always wanted to please her siblings and parents. She excelled at sports, especially running, where she found a natural ability to run fast and far. At the age of six, Cathy's family moved to Chelan, WA, where she found her love for beautiful Lake Chelan. She worked on the Lady of the Lake during the summer months, which allowed her to explore the Stehekin Valley. Cathy was also an avid swimmer and received the Red Cross award for the youngest life guard, at age 13, where she patrolled the shores of Chelan's city park. She was a happy kid who loved her friends and spent many days and nights enjoying the summers by the lake.

In tenth grade, the family moved to the Wenatchee Valley, where she attended Eastmont High School. With her sparkly personality and funny sense of

humor, she quickly found new friends and participated in cross country, the debate, and golf teams, drill team, and was president of the Girl's Club.

Cathy attended Wenatchee Valley College, where she met Nick Covey, at age 19, and they married six months later, in February of 1980. After they married, they moved to Ellensburg, WA, to attend Central Washington University, where she continued her pursuit in the fitness industry. After college, they moved to Seattle, WA, where she worked in the fitness industry and also the medical field. Cathy and Nick started their family shortly thereafter, and had two wonderful kids, James and Katie. In 1994, they moved back to Wenatchee to be closer to family and raise the kids in this wonderful valley.

Cathy started work at the Training Station, which soon became Gold's Gym. She worked there for many years before being lured away by the Wenatchee Valley College, where she taught classes and helped run the fitness center. She spent a brief time at the WRAC, and in 2009, opened The Inner Circle Gym with Adam Vognild. Cathy was able to compile all she learned and establish a functional training gym that represented who she was. She was planning on retiring in 2019 to spend more time with her new granddaughter, kids, pets, along with working on the house, traveling with Nick, and enjoying beautiful Lake Chelan. Sadly, she was forced to retire early on December 31, 2018, due to a sudden illness.

Cathy was a fierce competitor and competed at the Junior Olympics in the 400 meter gut race and more times than not, she was the first to cross the finish line. This carried over to her adult life, where she won numerous running races, the Gold's Gym National challenge, and body building contests. She was known around town as the "Energizer Bunny" for her constant flow of energy and smile. Her quick wit, sense of humor, and stories of herself and family, kept her clients and classes entertained. One unknown fact that you would have never known, based on her personality, was her ability to

understand math very well. Cathy had many clients over the years (many of whom followed her around from gym to gym) ranging from young athletes to seniors and she loved each and every one. At 5'2" and 115 pounds, she packed a punch! Her voice "boomed" and her energy was contagious.

Cathy loved her kids and their friends. She coached Katie's soccer team for many years and as you would expect, the team was competitive and one of the best. Cathy loved to make all holidays special for her family, especially birthdays! She added her special touches that will be missed. She loved all the kids in her life and they loved her back.

Cathy was quick to smile, a bit quirky, but most of all, a class act. She was a straight shooter, never mincing words, and you always knew where and what she stood for. She has touched so many people, which became apparent when Cathy became ill in December of 2018. The outpour of support and love was and has been overwhelming. Cathy has always given, so when it was time to receive, she struggled with getting the attention, but was touched to the core of her being for all the love and support.

Cathy will be missed by so many. She had an infectious smile, bubbly personality, funny sense of humor, and energy to fuel a spaceship. She was a stick of dynamite, disguised in a little blond-haired package.

Cathy was preceded in death by her loving mom, Bonnie; and survived by her husband of 39 years, Nick; her son, James and his fiancé, Brynn of Kirkland, WA; daughter, Katie and her husband, Ryan, and their granddaughter, Charley, her wonderful dad, Roger "Cork" MacKinnon, her devoted sister, Jeanette and her husband, Brad, and brother, Larry, all from Wenatchee, WA; and sister, Chris and her husband, Dave, from Pullman, WA; nephews, nieces, and so many friends. Cathy will truly be missed, but never forgotten.

There will be a Celebration of Life for our dear Cathy, on Thursday, May 23, 2019, at 11:00 a.m., at Pybus Market. Cathy has always loved animals and we are asking any donations go to the Wenatchee Valley Humane Society on Cathy's behalf or bring fresh flowers to her service. She loved to plant her flower pots on Mother's Day each year and they were beautiful arrangements of flowers we all enjoyed. Arrangements were assisted by Chapel of the Valley, Wenatchee, WA.